

# Health Newsletter

Our Mission Statement  
*Building a safe & healthy future, together.*

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## New Look for Restaurant Inspection Score Cards

Changes by the Bullitt County Health Department will make it easier for the public to view restaurant inspection scores.

The most noticeable change is the use of new inspection placards that are required to be placed in areas visible by the public. The new placards feature the restaurant’s inspection score in a green box for a passing grade and red for a failing grade, along with a check box for areas of concern and violations.

“These new placards allow customers to immediately determine if a restaurant passed or failed and provide information about violations,” BCHD Environmental Health Director Heath Stone stated. “Also, they’re designed to be easier to read and look better on the walls or in the windows of Bullitt County restaurants.”

“Any steps we can take to improving our inspection process is beneficial to the people of Bullitt County,” Stone said. “Our restaurant inspections help protect every person who dines out in Bullitt County”.

**BCHD FOOD INSPECTION**

**INSPECTION SCORE**

DATE \_\_\_\_\_ PERMIT NO. \_\_\_\_\_ SANITARIAN CODE \_\_\_\_\_

ESTABLISHMENT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

**VIOLATIONS INCLUDE:**

<input type="checkbox"/> SUPERVISION	<input type="checkbox"/> PREVENTING CONTAMINATION BY HANDS
<input type="checkbox"/> EMPLOYEE HEALTH	<input type="checkbox"/> CONFORMANCE WITH APPROVED PROCEDURES
<input type="checkbox"/> GOOD HYGIENIC PRACTICES	<input type="checkbox"/> SAFE FOOD AND WATER
<input type="checkbox"/> CHEMICALS	<input type="checkbox"/> FOOD TEMPERATURE CONTROL
<input type="checkbox"/> APPROVED SOURCE	<input type="checkbox"/> FOOD IDENTIFICATION
<input type="checkbox"/> POSTINGS AND COMPLIANCE	<input type="checkbox"/> PREVENTION OF FOOD CONTAMINATION
<input type="checkbox"/> CONSUMER ADVISORY	<input type="checkbox"/> TIME/TEMPERATURE CONTROL FOR SAFETY
<input type="checkbox"/> PROPER USE OF UTENSILS	<input type="checkbox"/> PROTECTION FROM CONTAMINATION
<input type="checkbox"/> PHYSICAL FACILITIES	<input type="checkbox"/> WATER, PLUMBING, AND WASTE
<input type="checkbox"/> UTENSILS, EQUIPMENT, VENDING	<input type="checkbox"/> HIGHLY SUSCEPTIBLE POPULATION

REGULAR  FOLLOW-UP

Visit our website at [www.bullittcountyhealthdept.org](http://www.bullittcountyhealthdept.org) to view more details about the inspection.

INSPECTOR, BULLITT COUNTY HEALTH DEPARTMENT **GOOD HEALTH & A SAFE ENVIRONMENT**

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INSPECTOR, BULLITT COUNTY HEALTH DEPARTMENT **GOOD HEALTH & A SAFE ENVIRONMENT**

The health department regulates about 300 food service establishments in Bullitt County, which each establishment shall be inspected at least once every 6 months per 2013 FDA Food Code 8-401.10. This is safeguarding public health by ensuring food is unadulterated and honestly presented when offered to the consumer.

Additional information about restaurant inspections, including a database of previous scores, can be found on Bullitt County Health Department home webpage, under: Food Service Inspection Scores.



# Our Journey Toward Public Health Reaccreditation

The Bullitt County Health Department (BCHD) received its initial accreditation status in 2016 and is one of only 369 accredited health departments across the nation (there are over 3,000 total). We are now in the process of being examined again by the Public Health Accreditation Board or PHAB. On February 22<sup>nd</sup>, 2024, the Bullitt County Health Department submitted all documentation needed to be considered for reaccreditation. Gathering documentation was an extensive and time-consuming process, using the efforts of all staff across the health department. It is a big accomplishment to finish the application to be considered for reaccreditation, but our journey is not over. Next, we await a site visit from PHAB to determine if our health department will officially receive the reaccreditation status.

## What is Public Health Accreditation?

Accreditation assesses health department performance using standards set by the Public Health Accreditation Board. PHAB standards are based on the 10 Essential Public Health Services. BCHD references the 10 Essential Public Health Services framework to help determine our operations.

## Benefits of Accreditation:

- Encourages a culture of performance improvement
- Helps us to identify areas of success and opportunities for improvement
- Increases our ability to respond to public health emergencies and threats
- Strengthens our relationship with partners in the community
- Holds us accountable to provide the best services possible
- Promotes employee development



Most importantly, accreditation motivates our health department to participate in quality improvement activities to improve our services. **Improving our services helps to better the overall health of Bullitt County residents.**

For more information, visit [www.phaboard.org](http://www.phaboard.org)



## References:

Public Health Accreditation Board. (2023, November 28). <https://phaboard.org/>

# Health Disparities Related to Commercial Tobacco and Advancing Health Equity

Health equity means that all people have a fair and just opportunity to be as healthy as possible. Achieving health equity requires:

1. Valuing every person and their health fairly.
2. Addressing problems with systems in our environment, unfair practices, and unjust conditions that can weaken the health of specific population groups.
3. Working with different population groups in specific, sensitive ways to address health conditions that affect them.

A commitment to health equity involves understanding health disparities related to commercial tobacco and factors that cause these disparities. Several factors connect commercial tobacco with higher levels of disease, disability, and death in different population groups. For example:

- The tobacco industry uses tailored marketing and advertising to target some groups and communities.
- Tobacco companies use flavors to entice specific groups to try their harmful products.
- The pressures of discrimination, poverty, and other social conditions can increase commercial tobacco use and make health problems worse.
- Certain population groups need more protections from exposure to secondhand smoke.
- Some groups encounter barriers to health care and treatment for tobacco use and dependence.



These policies, practices, and conditions affect many Americans—yet they don't work the same way in every community or for every population group. Disparities in commercial tobacco use, secondhand smoke exposure, related health problems, and access to treatment can exist based on where people live, the type and amount of employment and health insurance they have, and other social and demographic factors such as race, ethnicity, age, sexual orientation, disability status, level of education, income, and/or behavioral health status.

Source: [Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion](#)

**FREEDOM**  
FROM SMOKING®



**AMERICAN LUNG ASSOCIATION.**



## Ready to be a Quitter?

Quitting smoking isn't easy—but it's easier with the right help. The American Lung Association's Freedom From Smoking program gives you options, resources, and support to quit for good!

Freedom From Smoking is the premier smoking cessation program from the American Lung Association. This program is FREE and will help you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smoke-free for life!

Next series be **April 30, 2024** from 5:30-6:30 PM  
To register or for questions call 502-955-5355.

## What You'll Learn in the FREE Program

- How to overcome your tobacco addiction
- Ways to develop a new self image after quitting tobacco
- Lifestyle changes to help make quitting tobacco easier
- Coping strategies for recognizing and managing stress
- How to stay tobacco-free for good



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[www.bullittcountyhealthdept.org](https://www.bullittcountyhealthdept.org)

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# Protecting, Connecting and Thriving: We Are All Public Health

APRIL 1-7, 2024



Public health is more than just health care. It's the steps we take to make sure our neighborhoods and environment are free from pollution. It's making sure our food and water are safe to eat and drink. It's also the relationships we foster in our communities. We're all interconnected. When we all come together to support public health, all of us — individuals, families, communities and the public health field — can achieve the goals of public health. Please join Bullitt County Health Department in celebrating Public Health Week, a time to recognize the contributions of public health and highlight issues that are important to improving our community's health!

## WIC celebrates 50 years!

The National WIC Association hosted an event in Pineville Kentucky to celebrate 50 years of WIC and the Pineville site being the very first WIC clinic in the Nation.

## WIC Services have transitioned

After the Public Health Emergency ended May 11, 2023, the USDA approved an additional 90 days to transition back to in person services. WIC has now resumed in person visits for all certifications and mid-certification health assessment (MCHA) visits. Brief secondary educational visits continue to be provided remotely (by telephone).



## WIC Text or Call reminders

Beginning Sunday, March 3, 2024, WIC resumed reminder notifications for appointments and when benefits are expiring soon.

## For Appointments:

**A text reminder of an appointment** is sent to households (i.e., one call per household, not per WIC participant) the day prior to their scheduled appointment. For example, a text or call will be made on Sunday for a Monday appointment. A text reminder may show a WIC member has an appointment on (date). Contact your WIC clinic if you have questions.

**A call reminder** may say, "Hello, this is your WIC Clinic with a reminder message that you or someone in your household has an appointment on [date]. You may need to show proof of identification, proof of household income or medical card, and proof of current residence at your appointment. Contact your WIC clinic if you have questions".

## For Benefits Expiring Soon:

**A text reminder of benefits expiring soon** is sent to any WIC Household who has a member with their last month's benefits expiring in 7 days. For example, a text may show *WIC benefits expire [date]. Call your WIC clinic if you need an appointment.*

**A call reminder** may say, "Hello, this is your WIC Clinic. Your WIC benefits will expire [date]. Call your WIC clinic if you need an appointment".





## Mental Health Workgroup

### **What is Mental Health?**

Mental health is important at every stage of life, from childhood and adolescence through adulthood. It is our emotional, psychological, and social well-being. It affects how we think, feel, and act. It is a component of our health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.

### **What is the Mental Health Workgroup?**

We are a combined group of community partnerships who advocate and spread awareness for all aspects of mental health. We host monthly events that are geared towards mental health. These events are fun, interactive, educational, and we hope to see you at them! Please join us in our efforts to bring mental health awareness to Bullitt County!



### **What's Next?**

Mark your calendars on September 14, 2024, for Bullitt County's first ever "Mindfest." It is a free community festival focused on Mental Health education, awareness and wellness, infused with food, music, entertainment, vendors, fun activities, and more! The event will be open to the public from 10 am – 3 pm and held at the Shepherdsville Central Library. We look forward to seeing you there!



## Diabetes & Nutrition Education Class-FREE for Everyone!



2024

# NUTS & BOLTS OF DIABETES

Have you been told you are pre-diabetic or newly diagnosed with diabetes? Discover the insider tips for managing diabetes like a pro!

**WHERE: BULLITT COUNTY HEALTH DEPARTMENT**  
**WHEN: MARCH 26, 2024 OR MAY 28, 2024**  
**TIME: 4:00 PM-6:00 PM**

~Call 502-955-5355 to sign up~



2024

# NUTS & BOLTS OF NUTRITION

COME AND LEARN HOW NUTRITION CAN AFFECT YOUR HEALTH. THIS CLASS IS GEARED TOWARDS THOSE WHO ARE PRE-DIABETIC OR NEWLY DIAGNOSED WITH DIABETES.

**WHERE: BULLITT COUNTY HEALTH DEPARTMENT**  
**WHEN: APRIL 23 OR JUNE 18**  
**TIME: 4:00 PM - 6:00 PM**

~CALL US AT 502-955-5355 TO SIGN UP~





## Staff Highlights!

### CONGRATULATIONS!

2023 PARTNERS IN PREVENTION COALITION  
"PARTNER OF THE YEAR"



MELISSA HALL

Bullitt County  
PARTNERS  
IN PREVENTION

\*Working for a Drug-Free Bullitt County

March 6-8, BCHD staff attended KPHA 2024!

This was a great conference where staff were able to network with their fellow Public Health workers!



Abigail (Abby) Belt

Accreditation Coordinator  
*Welcome to our team.*

Abby started as the Accreditation Coordinator in January 2024. Abby's number one goal is to help BCHD achieve reaccreditation from the Public Health Accreditation Board (PHAB). PHAB holds our health department accountable to certain standards, ensuring that we provide the best services possible for our community. At the moment, Abby is working on obtaining her Master's in Public Health Degree from the University of Louisville. She is married and has two cats. Outside of work, she enjoys playing pickleball, camping, and hiking.



### CONGRATULATIONS *On Your Promotion*

Heath has over 25 years of public health experience and is excited to take on this new position. BCHD is wishing you the best and plenty of success. You got this!



HEATH STONE  
Environmental Director



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@BullittKYHealth



www.bullittcountyhealthdept.org



# Respiratory Virus Guidance Snapshot

## Core prevention strategies

### Immunizations



### Hygiene



### Steps for Cleaner Air



### Treatment



### Stay Home and Prevent Spread\*



New respiratory virus guidelines have begun being implemented as of March 1st. These new recommendations suggest monitoring your symptoms and ensuring that you are fever-free without the use of fever reducing medications, such as Tylenol. Once you are feeling better, continue to utilize additional prevention strategies for another five days. This can include distancing yourself from others and wearing a well-fitting mask.

For those who are 65 and older, the CDC recommends obtaining an additional updated 2023-2024 COVID-19 vaccine dose. See the following link for more information: <https://www.cdc.gov/media/releases/2024/s-0228-covid.html>

An additional dose is already recommended for those who are immunocompromised.



## Additional prevention strategies

### Masks



### Distancing



### Tests



\*Stay home and away from others until, for 24 hours BOTH:



Your symptoms are getting better



You are fever-free (without meds)




Then take added precaution for the next 5 days

### Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

This guidance is intended for community settings and does not apply to healthcare settings. The guidance for healthcare settings can be reviewed further on the CDC website under health professionals.


**Easter is approaching!** Take a peep at your hands and make sure you wash them well after handling baby chicks, chickens, or raw eggs. These can all carry Salmonella bacteria, which can cause diarrhea, fever, vomiting, stomach cramps, and bloody stool. The disease Salmonellosis can be life-threatening, so ensure that you are always taking the appropriate steps when handling poultry. If you notice the above symptoms and they do not improve after a few days, visit your doctor for care. Read the following story about a Salmonella encounter with baby chicks: <https://www.cdc.gov/foodsafety/patient-stories/Tyler-salmonella.html>








### EXPECTING A LITTLE ONE THIS YEAR?

REACH OUT TO THE BULLITT COUNTY HEALTH DEPARTMENT HANDS PROGRAM!


FOLLOW US ON SOCIAL MEDIA TO LEARN MORE



**In order to enroll in this FREE program, a parent or legal guardian must be pregnant or have a baby under 90 days old.**

502-955-5668



**HANDS SCREENS FOR DEVELOPMENTAL MILESTONES EVERY 2 MONTHS!**

FOLLOW US ON SOCIAL MEDIA TO LEARN MORE

[www.bullittcountyhealthdept.org](http://www.bullittcountyhealthdept.org)

## Health Department Up-Coming Closing Dates

**May 27, 2024 - Closed for Memorial Day**

**June 19, 2024 - Closed for Juneteeth**



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@BullittKYHealth



www.bullittcountyhealthdept.org

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# Bullitt County Health Department

Phone: 502-955-7837 and 502-543-2415 Fax: 502-543-2998

## Clinic/Office Hours

**Monday-** 7:30am– 4:30pm

**Tuesday-** 7:30am– 6:30pm

**Wednesday-** 7:30am– 4:30pm

**Thursday-** 7:30am– 4:30pm

**Friday-** 7:30am– 11:00am

## Environmental Office Hours

**Monday–Friday** 7:30am– 9:30am

**Tuesday-** 5:00pm– 6:30pm



181 Lees Valley Road, Shepherdsville, KY 40165

An overdose happens when someone takes too much of an opioid.

A person who has overdosed will be unable to wake up or talk to you.

Their breathing may be slow and shallow.

They may not be breathing at all.



FindNaloxoneNowKY.org

## Give Naloxone!

*Naloxone reverses overdose. Act quickly!*

### Peel      Place      Press

**Peel** back the foil and remove the nasal spray.



Gently **insert** the nozzle into their nostril.



**Press** the plunger all the way in until it clicks.



**Naloxone nasal spray takes 2-3 minutes to work!**

Wait at least 2 minutes for a response before giving more.

**CALL 911! Give rescue breaths while you wait. ➔**

## WHAT DO I DO?

If you think someone may have overdosed, make every effort to wake them up. You can shout at them or try to shake them awake.

If they don't wake up, you should give naloxone.

Even if you don't think they can hear you, explain loudly and clearly that you are going to give them naloxone.

Call 911 or if someone else is there with you, they can call 911.

## WHAT HAPPENS NEXT?

Naloxone nasal spray takes 2-3 minutes to work!

Wait at least 2 minutes for a response before giving more.

A person who has overdosed may wake up after naloxone administration or they may remain unconscious if non-opioid drugs are present.

If someone who received naloxone is breathing slowly, shallowly or not at all, rescue breathing is essential.

A person who has overdosed may wake up after naloxone administration **or** they may remain unconscious.

If someone who received naloxone is breathing slowly, shallowly or not at all, **rescue breathing is essential.**

## Give Rescue Breaths!

1. Place them on their back. Make sure nothing is their mouth.
2. Apply a barrier mask, if available. Tilt their head back, lift their chin and pinch their nose closed. This opens the airway.
3. **Give one breath slowly**, watching to see their chest rise.
4. Continue giving **one breath every five seconds**.
5. If they start to gurgle or breathe on their own, stop and roll them onto their side in recovery position.

**Steps 1 - 2**



**Steps 3 - 4**



**Step 5**

